



Melancholy-Gloom-Despondency Tell Of Exhausted Nerves

IT is unfortunate that one of the most common symptoms of nervous exhaustion is the tendency to melancholy, gloom and despondency. You get looking on the dark side of things.

You begin to worry and cannot see that the future holds anything better for you. The supply of nerve force is running low and you lack the energy necessary to throw off these blighting, depressing feelings.

The depleted nerve cells must have nourishment.

They must be fed back to health and strength.

In Dr. Chase's Nerve Food you find in condensed and easily assimilated form the ideal treatment for an exhausted condition of the nervous system.

You will not be using this treatment long before you find yourself sleeping and resting better.

It will take a little time to build up the system, but you will soon find yourself more

cheerful, more confident and more energetic and will be encouraged to keep up the treatment until fully restored.

Such symptoms as headaches, irritability and indigestion disappear as the nerves are strengthened and resume their functions in controlling the activities of the vital organs of the body.

No treatment for the nerves has ever met with such unqualified success as Dr. Chase's Nerve Food. This is proven in many hundreds of thousands of cases, many of which are reported in the newspapers from day to day.

You will notice that while the price of Dr. Chase's Nerve Food has been increased to 60c. the box now contains 60 pills instead of 50 as formerly.

Likewise Dr. Chase's Kidney-Liver Pills are 35c. a box of 35 pills, instead of 25c. for 25 pills. Edmondson, Bates & Co., Ltd., Toronto.

ASKS GOVERNMENT TO PROTECT GAME

A meeting of the Northern New Brunswick Fishing and Hunting Association, was held on Saturday afternoon in the Gloucester Hotel, Bathurst. It was largely attended, particularly by guides and others

**Catarrh-
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EMULSION**
increases resistance

PILES

Do not suffer another day with itching, bleeding, or protruding Piles. No surgical operation required. Dr. Chase's Ointment will relieve at once. All dealers, or Edmondson, Bates & Co., Ltd., Toronto. Sample box free. Paper and envelope 2c. each.

interested in the big game and fishing interests in this province. It was decided to prepare a booklet setting forth the attractions of Northern New Brunswick for the tourists and sportsmen; and a committee was appointed to collect data and report at a meeting to be held this Saturday. Resolutions were passed recommending that the Government reduce license fees

for fishing, making the rates \$10 for salmon and \$5 for other fish. It was argued that the present rate discouraged many tourists from enjoying a few days' fishing while traveling through the country.

The meeting was also strongly of the opinion that the Government should take drastic steps to prevent the alleged slaughter of big game resulting from the alleged common practice of lumbermen in lumber camps supplying themselves with fresh meat by the shooting of moose and deer.

The resolution called on the Government to discontinue the issuing of licenses to men in lumber camps or to prohibit the use of wild meat in lumber operations. The meeting was a very enthusiastic one.

SUNNY CORNER

Mrs. Perley Tozer is visiting relatives in Whitney.

Mrs. B. Sillicks, Sillicks is the guest of the Misses Matchett at the Corner.

Mrs. Wm. Porter is spending the week end in Nelson.

Miss Margaret McDonald was hostess at a birthday party on Tuesday evening. Quite a large number of young folks were present, who enjoyed the dainty supper and games. Margaret was the recipient of some lovely presents and we all join in wishing her very many more birthdays.

Miss Mary Nolan left on the 23rd for Boston. Twenty of Mary's girl friends gathered at her home on the night previous to her departure and each presented her with a souvenir. Refreshments were served at the close of the evening and the party dispersed wishing Mary "bon voyage" and a safe return.

MAIL YOUR REMITTANCE
We have rendered our subscription accounts and would respectfully request each subscriber to remit us the amount due.

The Meaning of Education

The one great purpose of all education is to make life better.

A boy with round shoulders and slouching gait is given exercises of such a character that he learns to walk with head erect and with a springing step, that is a sample of physical education. If one whose highest delight is to sing "Barney Google" or "Yes! We Have No Bananas" is so influenced as willingly to choose instead of these songs those that have real merit and feeling that is musical education.

If a boy is ignorant and superstitious and this under tuition gives way to wisdom and understanding that is intellectual education. If he is brutal and is so influenced by his teachers and others that he becomes kindly and gentle, that is social education. If he is irreverent and selfish and learns to worship God and love his fellow men that is religious education. Nothing can be considered educative unless it improves life. In school there are doubtless some things done that are not of educative value at all and it may also be true that some things that do not count on formal examination have the highest educational value.

For example, working a problem in highest common factor by rule of thumb appears to have very little value for life and certainly does not help pupils physically, intellectually or religiously. It is as nearly a barren exercise as could be devised in the name of education.

On the other hand the gracious demeanor of a trusted teacher has probably more influence on the children than most of the lessons she conducts. It prompts them to act as she does. One of the best things a teacher can do is to consider the life value of every movement in school. The one supreme question is: How is life being modified for better?

The work of the teacher will therefore consist in setting up ideals, encouraging effort, suggesting methods of attack. It will also consist in showing the children how worthy actions should be performed; and in requiring repetition of these actions until they are performed automatically.—The Western School Journal, Winnipeg.

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